



## CALIFORNIA STATE BOARD OF EDUCATION

ITEM # 50

### NOVEMBER 2003 AGENDA

<b>SUBJECT</b> Report of 2003 Physical Fitness Test (PFT) Statewide Test Results	<input type="checkbox"/>	<b>Action</b>
	<input checked="" type="checkbox"/>	<b>Information</b>
	<input type="checkbox"/>	<b>Public Hearing</b>

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#### Recommendation:

The following item is submitted to the State Board of Education (SBE) for its information.

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#### Summary of Previous State Board of Education Discussion and Action

In February 1996, the SBE designated *Fitnessgram* as the required physical performance test to be administered to California students

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#### Summary of Key Issue(s)

In Spring 2003, physical fitness testing was conducted in California public schools in grades 5, 7, and 9. The test used was the *Fitnessgram*, designated for this purpose by SBE. The *Fitnessgram* uses criterion-referenced standards to evaluate fitness. These standards represent a level of fitness that offers some degree of protection against diseases that result from sedentary living. Achievement of the fitness standards is based upon a test score falling in the Healthy Fitness Zone (HFZ) for each of the six tasks that measure a different aspect of fitness. The fitness standard HFZ represents minimal levels of satisfactory achievement on the tasks, and a student must meet all of the fitness standards before he or she is considered fit.

Results of the 2003 test administration indicate that most students at all three grade levels tested are not fit when compared to standards established for the *Fitnessgram* by the Cooper Institute for Aerobics Research. Full and complete public access to state, county, district, and school results will be available via the Internet in November 2003. A last minute memorandum will be provided to SBE.

Results from the 2003 physical fitness testing were reported for 1,323,058 students compared to 1,265,546 students in 2002. Approximately 92 percent of school districts submitted data in 2003, an increase of 2 percent from 2002. The results reported no major changes between 2002 and 2003. The number of students that are considered fit increased from 24 percent to 25 percent.

Both males and females from all ethnic backgrounds could benefit from a greater emphasis in all areas of physical fitness, especially aerobic capacity, body composition,

**Summary of Key Issue(s)**

upper body strength, and flexibility. Districts and schools are encouraged to use the data from this test to examine their physical education programs and plan improvements in their current programs.

*California Education Code* section 60800 requires the California Department of Education to collect and report results to the Governor of California and the California Legislature. This report was intended to standardize data, track the development of high-quality fitness programs, and compare the performance of California's pupils to national norms on an annual basis.

Senate Bill 1868, signed into law January 2003, requires that students shall be provided with their individual results after completing the PFT. The bill does not include specifications for providing individual results; therefore, format and distribution of individual results is a district decision. In addition, the governing board of a school district shall report aggregate PFT results in their annual school accountability report card.

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**Fiscal Analysis (as appropriate)**

None.

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**Attachment(s)**

A summary for the 2003 PFT results will be provided as a Last Minute Memorandum.